



I'm not a robot

































It's the worst feeling. Having a Frozen Shoulder Massage Release (PAINFUL Area) Our 1-1 assisted stretch sessions can help fight the aches and pains of aging. The Worst Pain! BREAKING DOWN HUGE MUSCLE KNOT Aggressive Massage Therapy (Shoulder Injury Fix) Trigger point release on knot until it releases Levator Scapulae Soft Tissue Mobilization Technique for Neck & Shoulder Pain Dawn Morse of Core Elements Training demonstrates compression of the QL / Psoas common trigger point with the elbow. Fir theÂ ... Muscle knots not only cause pain locally but, if left untreated, refer pain somewhere else too! Relaxing those tight calves and Achilles tendons! Full video up now! Here are some great step by step techniques for a knee Here's a soft tissue mobilization or Five soft tissue strategies for neck Today's video shows a technique that can be used to stretch the low back and In this video, I am demonstrating a sciatic nerve mobilization technique that I use with some